

INSTRUCTIONS AND REGULATIONS

FOR THE

FAST OF LENT, 1793.

ADDRESSED TO THE

FAITHFUL OF THE LONDON DISTRICT.



Now therefore, saith the Lord, be converted to me with all your heart, in fasting, and in weeping, and in mourning.—Joel ii. 12.

IF at any time we ought to humble ourselves before the Lord, to sanctify a Fast, to gather together the People, and to join with the Priests in weeping between the Porch and the Altar, and in crying out, Spare O Lord, spare thy People, and give not thy inheritance to reproach, the time is now come. The hand of divine justice appears armed with vengeance: its judgments have already fallen upon us: and there is no hope, but in the works of sincere repentance.

Let us then repent, my brethren, Let us repent: Let us seek to disarm the wrath of our God, by fasting, weeping and mourning for our sins. *Who can tell if God will turn and forgive, and will turn away from his fierce anger, and we shall not perish?*

Behold now is the acceptable time: Behold now is the day of salvation. A solemn Fast is proclaimed: a Fast in which the whole church militant will unite in offering a holy violence to heaven: and our God is still merciful, still patient and rich in mercy.

According to the present discipline of the church, we are 1. to abstain from flesh meat through the whole Lent.—2. We are to take only one meal on each day, excepting Sundays.—3. We are not to take our meal till about noon.

As a relaxation of this discipline, in point of abstinence, is required because of the scarcity and dearness of Lenten-diet, let us compensate for this relaxation, by performing the other duties of penance with greater fervour of spirit, and by offering daily, in the deepest sentiments of compunction, the propitiatory sacrifice.



ALLOWANCES FOR LENT.

I. Flesh meat is allowed on all Sundays, Tuesdays and Thursdays for five weeks, beginning with the first Sunday, and ending with the Thursday before Palm-Sunday.— On the Tuesdays and Thursdays this allowance is only for once in the day.

II. Eggs are allowed on all days, excepting Ash-Wednesday, the Fridays, and the four last days of Holy-week.

III. Cheese is allowed every day, excepting Ash-Wednesday and Good Friday.



I. Il est permis de faire gras tous les Dimanches, Mardis et Jeudis pendant cinq semaines, à commencer du premier Dimanche, et finir le Jeudi avant le Dimanche des Rameaux. Pour les Mardis et Jeudis, cette permission n'a lieu qu'une fois par jour.

II. On permet l'usage des œufs tous les jours, excepté le Mercredi des Cendres, les Vendredis et les quatre derniers jours de la Semaine Sainte.

III. On permet le fromage tous les jours, excepté le Mercredi des Cendres et le Vendredi Saint.

+ JOHN CENTURIEN: V. A. L.